

is a national campaign to educate citizens on how they can help someone with a life threatening injury by performing the most essential actions—moving away from danger, stopping a bleed, proper positioning of the injured, providing warmth and comfort, and calling emergency services as soon as possible.

To learn more:

www.community.fema.gov/until-helparrives



is a national awareness campaign, launched by the White House. The campaign encourages the training and empowering of bystanders to assist in bleeding emergencies, until help arrives.

To learn more:

www.dhs.gov/stopthebleed stopthebleed@hq.dhs.gov



Montgomery County Office of Emergency Management and Homeland Security

100 Edison Park Drive, Suite 1S31 Gaithersburg, MD 20878

For questions/concerns:
Phone: 240-773-0081
E-mail:
emergency.management@montgomerycountymd.gov

For more information on Ready.gov's "You Are the Help Until Help Arrives" campaign, please visit:

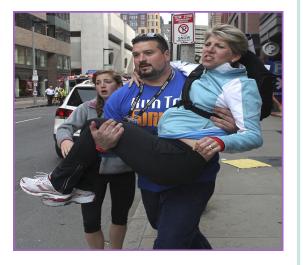
www.ready.gov/until-helparrives





Montgomery County Office of Emergency Management and Homeland Security

"You Are the Help Until Help Arrives"



RESOURCES BROCHURE

More information and where to go for training, volunteer opportunities, and counseling services

GENERAL TRAINING RESOURCES

Links to resources for training, courses, and certifications

National

American Red Cross

http://www.redcross.org/ux/take-a-class Training and certification in first aid, CPR, and AED

American Heart Association

http://www.heart.org/HEARTORG/CPRAndECC/CPR_UCM_001118_SubHomePage.jsp

 $\it CPR$ and $\it AED$ learning programs for adults and students

Federal Emergency Management Agency https://training.fema.gov/is/courseoverview.aspx? code=IS-317

Offers course for Introduction to Community Emergency Response Teams, which trains for basic disaster response skills

American College of Surgeons, Bleeding Control

https://cms.bleedingcontrol.org/Class/Search Class list for bleeding control training by city and state

CPR & First Aid National Training http://cpr.heart.org/AHAECC/CPRAndECC/ FindACourse/UCM_473162_Find-A-Course.jsp Class search for National CPR and ECC training

Montgomery County

Suburban Hospital, Stop the Bleed Course

http://events.suburbanhospital.org/event/health-safety/stop-the-bleed-save-a-life

 $Information\ on\ Stop\ the\ Bleed\ training\ at\ Suburban$

Suburban Hospital, Health and Safety Courses http://events.suburbanhospital.org/search/health-safety

 ${\it List~of~all~health~and~safety~courses~offered~at~Suburban}$

Community CPR Training

http://emstrainingcenter.org/index.php?option =com_content&view=article&id=21&Itemid=796 Emergency Management training center CPR schedule

CPR Montgomery

http://www.cprmontgomery.com/training_sites.php

List of authorized training sites for CPR, AED and First Aid training

Montgomery County CERT, CPR & AED Courses

http://montgomerycert.org/training/friendsfamily-cpr-aed/ CPR and AED Courses offered by the CERT

MedStar Health, CPR & AED Courses

https://www.medstarmontgomery.org/classes-events/#q={}

List of courses and events held by MedStar

Montgomery County Road Runners Club

https://www.mcrrc.org/training-programs/cpr-class/ Offer CPR course once per month for members

Rescue One Gaithersburg

https://rescue-one.com/ Offers life-saving training and shop for first aid supplies

COUNSELING RESOURCES

Resources for counseling information related to disaster and trauma recovery

SAMHSA Disaster Distress Helpline

Call 1-800-985-5990

Text: "TalkWithUs" to 66746

http://www.redcross.org/get-help/disaster-relief-and-recovery-services/recovering-emotionally#Recovery

Montgomery County 24 Hour Crisis Center Call 240-777-4000

Psychological First Aid Field Operations Guide http://www.nctsn.org/content/psychological-first-aid

Center for Disease Control and Prevention http://emergency.cdc.gov/mentalhealth/

http://blogs.cdc.gov/publichealthmatters/2012/07/an-emotional-response/

American Psychological Association

www.apa.org/helpcenter/recovering-disasters.aspx

FEMA

www.fema.gov/media-library-data/20130726-1549-20490-4912/recovering_from_disaster.pdf

SAMHSA

www.samhsa.gov/disaster-preparedness/samhsasefforts

World Health Organization

http://apps.who.int/iris/bitstream/ 10665/44615/1/9789241548205_eng.pdf

Mental Health First Aid

https://www.mentalhealthfirstaid.org

VOLUNTEER RESOURCES

Links to resources for getting involved

Montgomery County CERT

http://montgomerycert.org/ Volunteer with the Montgomery County CERT

Maryland Responds Medical Reserve Corps

https://mdr.health.maryland.gov Network of local volunteers in Maryland

Red Cross

http://www.redcross.org/volunteer/become-a-volunteer#step1

Locate volunteer opportunities in your community

National Association of Social Workers

http://www.nasw-md.org/?112

Become a certified disaster mental health responder

Emotional Spiritual Care Volunteers

http://montgomerycountyinterfaithmd.org/programs/emotional-spiritual-care-volunteers/